

THINGS TO CONSIDER BEFORE A POSTNATAL *exercise*



Wait for a few days after normal delivery to start working out. Ask your doctor for the right time in case of a cesarean or complicated childbirth.

Wear loose clothing and a snug bra that supports your breasts.



You may pump milk or feed your baby before the workout to avoid discomfort from fuller breasts.

Begin with simple exercises targeting major muscle groups such as the stomach and the back muscles.



Do not exercise for too long at a time. You may divide your exercises into multiple several 10-minute sessions per day.

Do not continue working out if you feel pain, and consult your doctor.

